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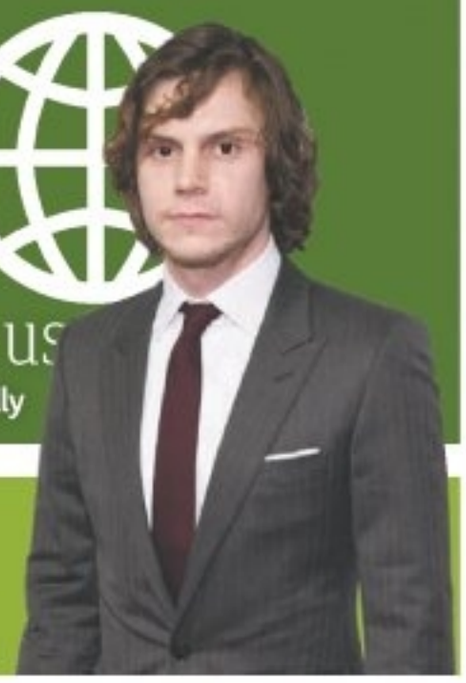
Wednesday, September 27, 2017 metro.us | t: MetroPhilly | f: MetroPhilly



CHALLENGES OF A CULT STAR

Evan Peters relates to his character in one little way. 13

Sixers in 2017-18? Young and fragile. 18

Questlove tells us what this generation lacks. 16

WELCOME, OCTAVIUS

Philadelphia unveiled a memorial Tuesday in tribute to Octavius Catto, a long-unsung black hero whose absence from the history books is being corrected. 4

CHARLES MOSTOLLER

Look who's coming to our neighborhood!

pleasetouchmuseum.org

Page 3

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Other cities are tearing monuments down, but Philly is raising new ones up, like the new memorial to civil rights pioneer Octavius V. Catto unveiled outside City Hall on Tuesday, which leaders said would pay tribute to the underappreciated contributions of African-Americans to the nation's culture. Read more about it inside, as well as our chat with Questlove and a preview of the coming SausageFest, inside and online at **metrophilly.us.**

OBAMACARE REPEAL IN US SENATE COLLAPSES

1 Another Republican attempt to dismantle Obamacare collapsed in the U.S. Congress on Tuesday as the party was unable to win enough support from its own senators for a bill to repeal the healthcare reform law. Several Republican senators said there will be no vote in the Senate after some lawmakers withheld support for the measure. "We basically ran out of time," said Sen. Ron Johnson. Sen. Pat Roberts, another Republican, told reporters the party would target healthcare "in some form" later in the current legislative session. Failing to carry through on a 7-year-old effort to roll back the 2010 healthcare law would be an embarrassing setback for Republicans and a heavy blow for President Donald Trump, who vowed during the 2016 election campaign to scrap Obamacare.

STUDENTS PROTEST AG SPEECH AT GEORGETOWN

2 Students and faculty at Georgetown Law School gathered on Tuesday to protest that U.S. Attorney General Jeff Sessions was delivering an address about the right of free speech on college campuses to an invitation-only audience without giving critics of the Trump administration an opportunity to ask questions. Several dozen protesters stood on the front steps of the school, some with duct tape over their mouths to symbolize that they felt their views were censored from the event. Some held signs denouncing racism, censorship and President Donald Trump's decision to rescind "DACA," the Obama administration's Deferred Action for Childhood Arrivals policy that shields immigrants who were brought to the United States as children.

5 THINGS YOU NEED TO KNOW

GETTY IMAGES

FUTURE VOTERS

3 The Future Voters talk healthcare and offer free lemonade to members of Congress. Molly Hayes, 6, serves some lemonade outside Capital Hill on Tuesday in Washington, D.C.

DUTERTE WANTS US HELP IN FIGHTING DRUGS

4 Philippine President Rodrigo Duterte urged the United States on Tuesday to help control drug smuggling, blaming Taiwan and Hong Kong-based criminal gangs for using his country as a shipping hub. In a speech, he also said illegal drugs had funded the seizure by Islamist militants of large parts of the southern city of Marawi in May. More than 800 people have died in the conflict, which Duterte said was triggered by an attempt to arrest a drug personality, who he did not identify. "The Philippines is a transhipment of shabu to America," Duterte told members of the Philippine Constitution Association, referring to the local term for methamphetamine. "It behoves upon America to work closely with the Republic of the Philippines, especially on this serious matter."

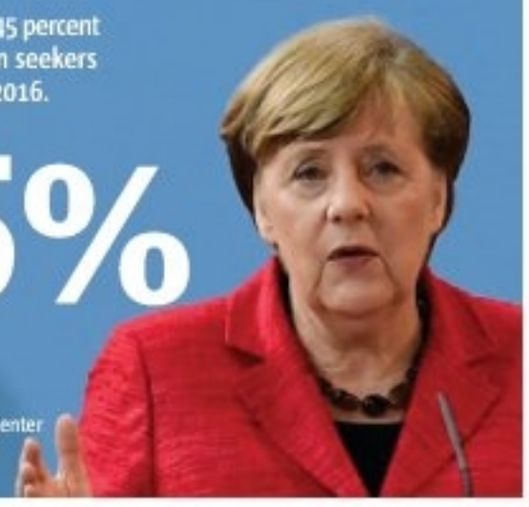
TWITTER TO TEST 280-CHARACTER TWEETS

5 The days of Twitter Inc. limiting messages to 140 characters, a signature of the social network since its launch in 2006, may be numbered. Twitter said on Tuesday that it would begin a test with a random sample of users allowing them to send tweets that are as long as 280 characters, double the existing cap, in most languages around the world. The San Francisco-based company has stood by its short messages as a defining characteristic — like chirps from a bird, which is the company logo — even as users found ways around the limit, such as posting photos of text. In a blog post on Tuesday, Twitter said its emphasis on brevity would never change but that it had been wondering whether people could express themselves easily enough, hurting the service's popularity.

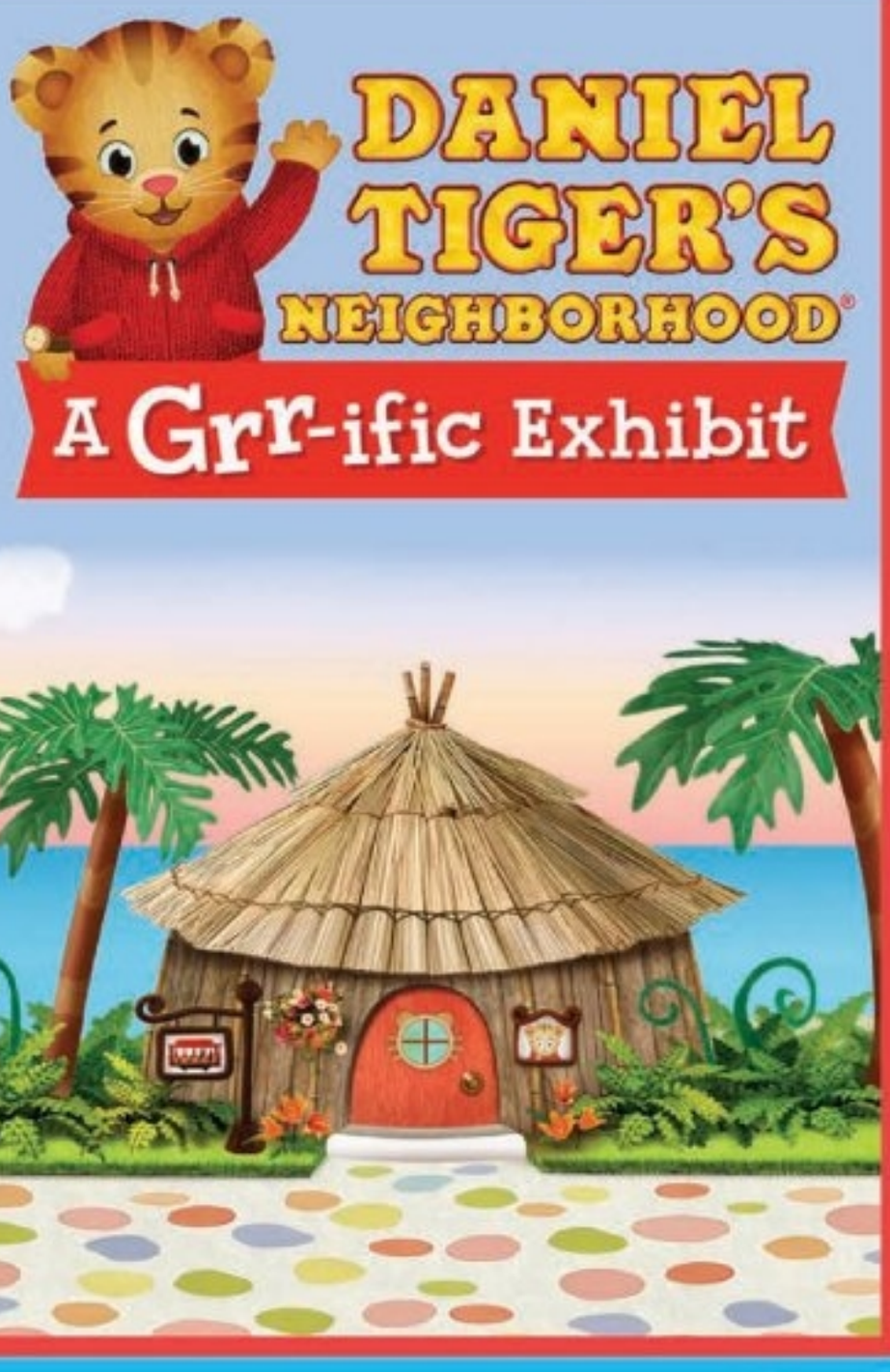
REPORT

Germany received 45 percent of Europe's asylum seekers during 2015 and 2016.

45%



Source: Pew Research Center



All Aboard!

Daniel Tiger has arrived in our neighborhood...

OPENS TOMORROW

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phillygoes2college.org
for the complete calendar

The new Octavius V. Catto memorial was dedicated in front of City Hall on Tuesday. CHARLES MOSTOLLER

OV Catto strides into Philly history

One of the city's pioneering, unsung heroes is finally paid tribute with a new statue.

SAM NEWHOUSE
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In an era when cities and citizens are pulling down old monuments that don't represent the current culture, Philadelphia is erecting new monuments to a history that people long to celebrate — but which has been overlooked for literally more than a century.

Octavius Valentine Catto, the Philadelphian civil rights pioneer and Civil War veteran who was murdered at age 32, is the titan memorialized in the city's newest monument, which was unveiled on Tuesday on the southwest apron of City Hall.

Catto, in a 12-foot-tall, 1,000-pound bronze statue by Oakland-based artist Branly Cadet, seems captured mid-stride, tilted forward dynamically with both palms open at his side.

"He's leaving from one set of challenges to the next," Cadet, 52, explained of the statue's pose. "We know that Catto helped to get the 15th Amendment ratified, but it's not clear whether he ever got to vote. So he's not actually at the ballot box, but he was heading in that direction."

Catto was gunned down in 1871 at age 32 by a white man, who was arrested but never convicted, during racial clashes related to blacks recently gaining the right to vote.

It is the first statue in Philadelphia which honors an individual African-American to be placed on city land.

"It's a day I thought was never going to come," Mayor Jim Kenney admitted during his remarks to attendees at the statue's unveiling on Tuesday morning, calling Catto "an intellectual, an educator, athlete, civil rights activist … and a good neighbor who walked the streets of our great city."

Kenney said stories of countless black heroes like Catto remain unappreciated in American history.

"Octavius V. Catto is a true American hero — who, like many other unheralded, nameless black American heroes — should be revered, honored and recognized," Kenney said. "Their lives and accomplishments should be part of the daily curriculum in our schools — not just during the shortest month of the year."

Catto helped organize black soldiers to fight in the Civil War, and he fought as a major in the Army. He led the movement to integrate Philly's streetcars in the 1860s, a century before the civil rights movement and clashes in Selma and Birmingham, Alabama. And he was an educator at the Institute for Colored Youth who urged the education of former slaves, and many of whose students went on to become prominent teachers.

The open arms of the statue "invite his collaborators from the past, but also future collaborators," Cadet said.

Cadet also designed the 15,000-pound granite pillars that stand behind the Catto statue, with each bearing one of the titles of the roles he played: educator, teacher and leader, and also have related engravings and relief plaques on them.

Those titles are on a reflective surface "to invite the viewer to see themselves in the capacity that's being depicted," Cadet said.

It's been a long path to a statue. Calls for Catto's memorialization in a statue have been made for nearly 150 years, and the $1.6 million project was in development for 15 years.

But Catto was no stranger to waiting. In an 1864 speech at the Institute of Colored Youth, Catto looked forward to a time when equality would finally be achieved.

"How much of the course of this terrible revolution remains yet to be run, or how many political evolutions our government may yet be forced to make, no man can foresee," Catto said, before uttering the words now written on the side of his memorial:

"There must come a change, one now in process of completion, which shall force upon this nation, not so much for the good of the black man, as for its own political and industrial welfare, that course which Providence seems wisely to be directing for the mutual benefit of both peoples."

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Philly millennial brings African fashions into the mainstream

Breanna Moore founded LaBré fashion line with a mission to increase economic growth in Ghana through job creation.

CASSIE HEPLER
@MetroPhilly
letters@metro.us

Breanna Moore thought she had it all figured out.

The University of Pennsylvania alum planned to get a job at the State Department after graduating with a dual major in African-American studies and international relations. But after traveling and studying abroad twice in Ghana, her life changed forever. The 24-year-old from South Carolina works as an experience manager at Pennovation Center for Innovation by day, but she's a fashion designer by night.

Moore founded LaBré fashion line with a mission to increase economic growth in Ghana through job creation. Metro caught up with Moore recently to learn more about her endeavor.

What inspired you to start LaBré?

It's a combination of my sister's name, La'Vette, and mine. After studying abroad in Ghana twice, I noticed the African-inspired fashion was so beautiful and should be accessible while helping the economy in Ghana. Launching a year after graduating from school last summer, I became enamored with the experience and fashion. After realizing the major point of access I had to African-inspired fashion was through festivals, online stores, pop-up shops and flea markets, I was inspired to create LaBré Agency.

Please tell us about LaBré Agency through your Fashion Made in Africa Initiative.

The Fashion Made in Africa Initiative aims to generate global visibility of African-inspired fashion designers, achieve the stocking of African apparel in U.S. fashion companies, and harness the fashion industry to create economic opportunities for young and talented African and diaspora designers.

Providing supply for the rapidly growing global demand for quality African fashion products by sourcing them directly from African designers who will showcase and sell their apparel to an international customer base, I seek to increase designers' access and exposure to the international market and increase representation of African fashions in mainstream retail stores.

Do you think people are appropriating African fashion?

You see African prints made in China, like a fake print I've seen in Forever 21 before. There is no such thing as African fabric, it was stolen by the Indonesian Batik style. The machines could only print on one side unlike the original on both sides with wax print. When they couldn't sell it other places, they would stop to trade with the locals in Africa and apparently in West Africa it was very popular. All the major manufacturers are owned by the British or Chinese. The Dutch appropriated from Indonesia. It's how you make it your own at the end of the day.

What is your top-selling product?

Our maxi skirt on the website. It's something you can't find in local stores. Keep an eye out for our collection for the Spring in collaboration with two villages in Ghana with kente weavers. I'm hoping to pitch those designs to the U.S. retail companies. I also hope to have a flagship location in Philadelphia and across the U.S. I want to make African fashion accessible for everybody.

Breanna Moore wants to give Africans and designers of African descent increased access and exposure to the international market. LEBRÉ

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Lack of communication endangers the lives of people in Puerto Rico

Beatriz (left) and her daughter Carla arrived in an urban area to make a call and seek urgent help for Beatriz, a diabetes patient. MIGUEL DEJESÚS

People head to cities in search of cellphone signals to let loved ones know they are safe.

DAVID CORDERO MERCADO
@MetroPhilly
letters@metro.us

Hundreds of people from different parts of Puerto Rico continued to trek to metropolitan areas of the island in search of a signal on their cellphones that would allow them to communicate with their loved ones outside the island.

"I had to communicate with my family in the United States. I was able to put gas in the car [Monday], but it was also a bit complicated, so I was able to came here," said Luis Diaz Rosario, 27, a resident of Isabela.

That was also the case for Ediel Tirado, 33, from Vega Baja. "[Family in U.S.] were desperate because they did not know anything about the family or me or my aunts. I explained them that to we do not have communication, we do not have light or water," said Ediel, adding that his father, siblings and other family members were calmer after having heard from him.

But the calls made at Express 22 in Bayamón — where hundreds of people were parked in their vehicles — and other main roads of the metropolitan area, express the despair of a people incommunicado.

Beyond finally giving a sign of life to their families abroad, many come in search of urgent help in situations that warrant immediate attention. This is the case of Beatriz Maldonado Soto, a diabetes patient who lost everything after her house in Arecibo was flooded during Hurricane Maria.

"We have lost everything", said Beatriz, in tears. "I have insulin, but very little. The office where my doctor is, the sea took her, I have no more drugs," said the 48-year-old woman who, after making a call to her son in the United States, would reach an emergency room in a metropolitan area in an attempt to receive more insulin.

"We lost the house. We do not have clothes, the cars were flooded," said her daughter Carla Gonzalez Maldonado, 31. "We had to swim out of there because we almost drowned," she added.

Carla Maldonado said the ice she uses to keep the insulin cold is already running out, and in Vega Baja, where they took refuge in a family member's house, they have not been able to find a supply of the product. In addition, he said they waited in a four-hour line at a gas station so they could reach a metropolitan area.

"We do not find medicine, there's no water, we do not find ice, there's nothing. We're trying to survive what's going on here," Carla said, in tears.

Although supplies of gasoline and other necessities began to be distributed in parts of the island Tuesday, almost a week after Hurricane Maria, many communities lack communication access.

"If we do not have the appropriate instruments or the appropriate flexibility to avoid a public-health crisis or to keep food coming or we can not energize areas of critical infrastructure, then we are going to face a humanitarian crisis," said Puerto Rico Gov. Ricardo Rosselló.

"There's nothing. We're trying to survive what's going on here."

Carla Maldonado

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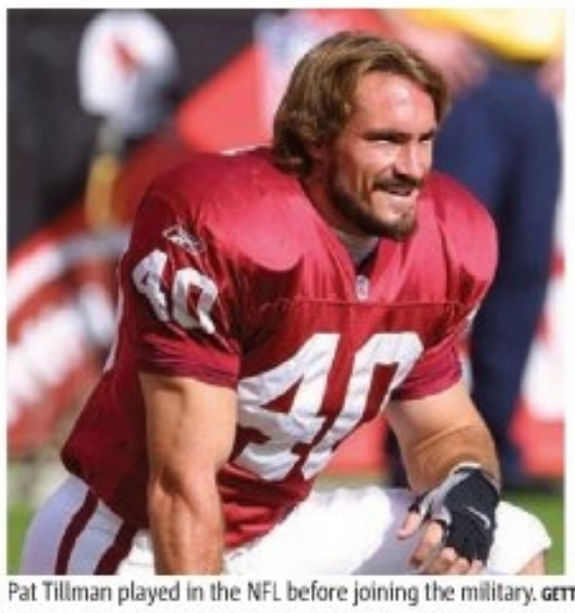

Pat Tillman played in the NFL before joining the military. GETTY IMAGES

Pat Tillman's widow Marie Tillman reacts to recent Trump tweet

Marie Tillman released a statement after Trump retweeted a picture of her husband.

LENYON WHITAKER
@lenyon
lenyon.whitaker@metro.us

Marie Tillman, the widow of former NFL player and Army Ranger Pat Tillman does not want her husband's military service to be used in ways that could divide the country.

On Monday, Marie Tillman released a statement to CNN after President Donald Trump retweeted a picture of her husband using the hashtag #StandForOurAnthem and #BoycottNFL in the wake of NFL players kneeling during the national anthem over the past weekend.

Pat Tillman played for the Arizona Cardinals but gave up his contract and left the NFL in 2002 to join the U.S. Army. Tillman was killed in 2004 by friendly fire.

Tillman's life journey has inspired people around the country to come together, and his name should not be used in any way that could divide Americans. Marie Tillman wanted to express her feelings about people using his name in ways that could possibly divide the country and its citizens.

"As a football player and soldier, Pat inspired countless Americans to unify," Marie Tillman told CNN. "It is my hope that his memory should always remind people that we must come together. Pat's service, along with that of every man and woman's service, should never be politicized in a way that divides us. We are too great of a country for that. Those that serve fight for the American ideals of freedom, justice and democracy. They and their families know the cost of that fight. I know the very personal costs in a way I feel acutely every day."

"The very act of self-expression and the freedom to speak from one's heart — no matter those views — is what Pat and so many other Americans have given their lives for," she wrote in the statement. "Even if they didn't always agree with those views. It is my sincere hope that our leaders both understand and learn from the lessons of Pat's life and death, and also those of so many other brave Americans."

On Sunday, Pat Tillman's former team, the Arizona Cardinals joined other teams around the league by taking a knee or locking arms in solidarity during the national anthem.

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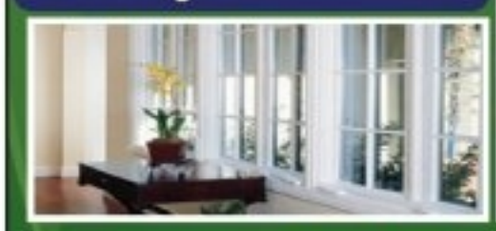

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REPUBLICANS ON THE BRINK

If you are a Democrat, you're probably fuming over the latest Republican effort to strike down the Affordable Care Act, the signature accomplishment of President Barack Obama. Of course, you already had plenty to dislike in President Donald Trump: from his relentless taunting of your defeated candidate to his travel bans, to his persistent talk of a wall with Mexico, to his racially charged statements, to his jousting with North Korea, to his slams on professional athletes … I won't go further because I don't have all day, and you probably have your own list taped to the refrigerator.

But do you know who might be even angrier? Republicans. Think about how long they waited for this magical convergence, in which their party controls the White House, both chambers of Congress, more legislatures and more governorships than the Dems. If they'd coalesced in a disciplined manner back in January, they would have been

TOM FOREMAN

Analysis

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

virtually unstoppable. Any programs they did not like from the Obama years could have been rolled up and tossed like cheap rugs. They could have rewritten tax laws, immigration policies and trade deals, pushing a freight train of reforms toward the president's eager pen.

Even against the court challenges that would have followed, they could have substantially changed the playbook for the U.S.

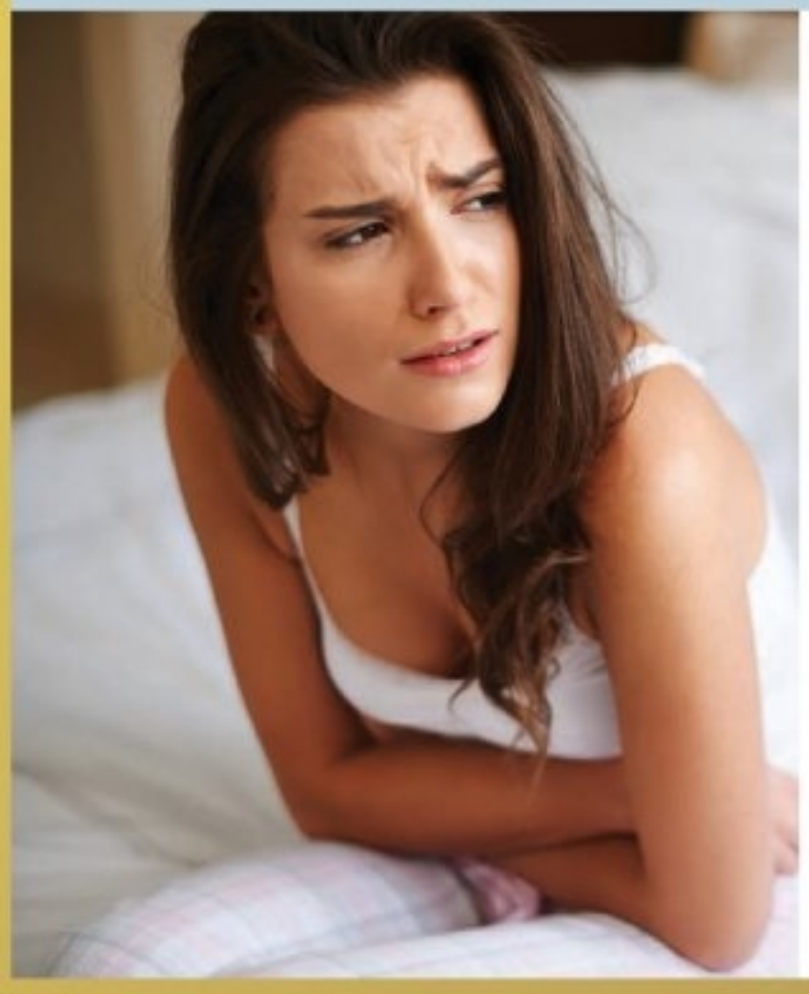
But have they passed any major legislation? Nope. Have they presented a unified front on major issues? Um … no. And for eight years of preparation and all their swings at Obamacare, they've been like a hapless 6-year-old who can't even get a hit in tee-ball.

Sure, they have seated a Supreme Court justice, and that is no small thing. But the president has often overshadowed their modest gains with torrents of headline-grabbing tweets, barrages of unexpected and unproven claims and his scorched-earth war on the media – leaving some of his staunch allies sputtering for explanations.

In simple terms, the first year of this overarchingly Republican government is already, rapidly winding down, and for all the sweeping changes they promised to their supporters, they have precious little to show. And unless they find a way to fix that situation soon, they may find even loyalists questioning just what they are being loyal to.

Are you suffering from

Endometriosis?



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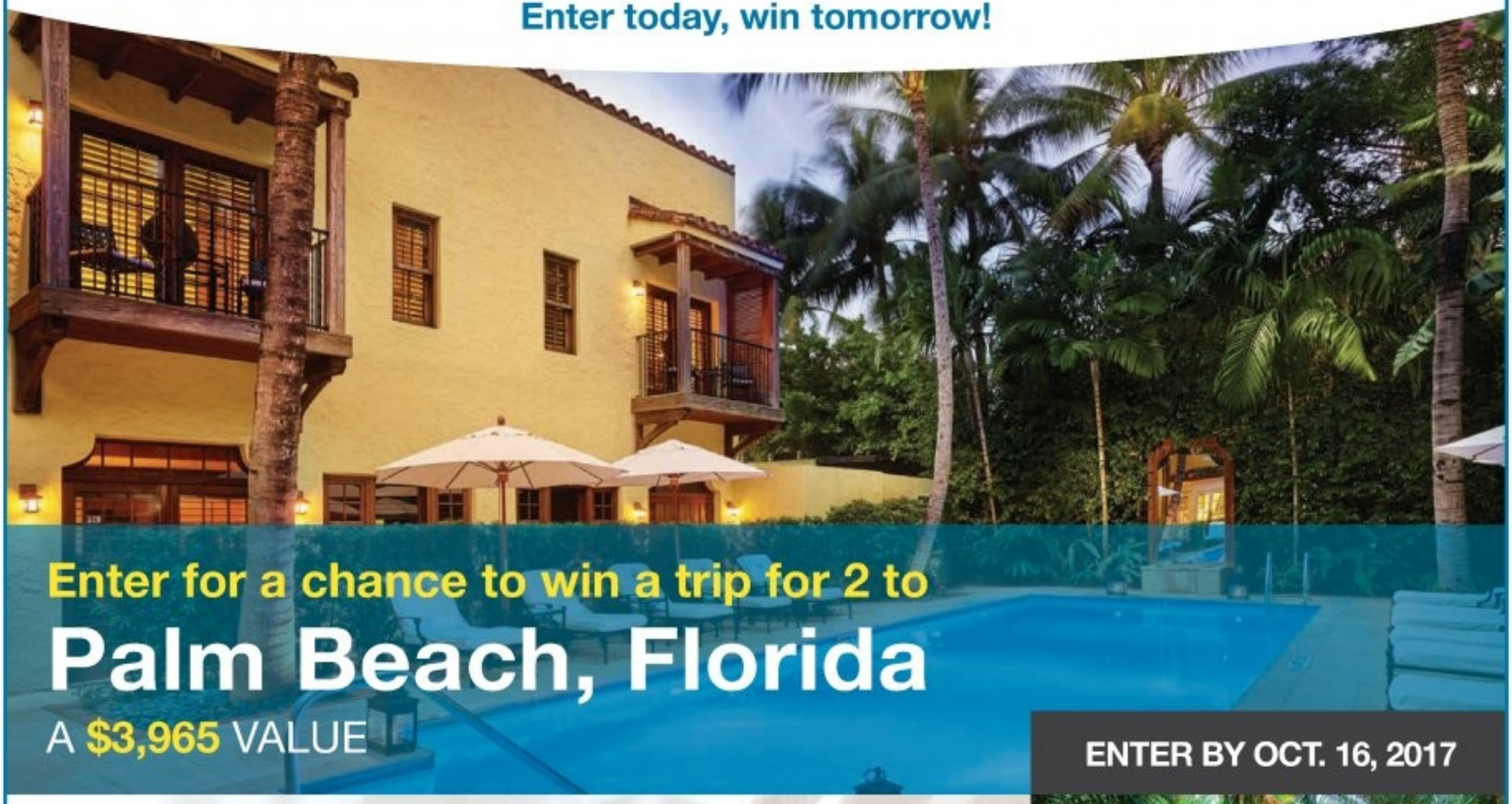

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Romance, I guess!
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Idina Menzel just can't get enough of her "Rent" cast members. First, she was married to Taye Diggs — aka bougie-ass-Benny from the original Broadway cast — from 2003 to 2014. Now, she's married to a dude named Aaron Lohr who was in the 2005 bummer film version, also called "Rent." My girl is nothing if not consistent.

The 46-year-old shared a very nice picture via both Twitter and Instagram, writing "Wanted to let you know... married the love of my life Aaron Lohr this weekend at our home," she wrote. "Dad & son walked me down the aisle. It was magical."

Menzel and Lohr, 41, have been dating since 2015 and got engaged a year ago. If you're wondering who, exactly, this man is, he apparently has starred in both "D2: The Mighty Ducks," and "D3: The Mighty Ducks." Neat-o!

'Fixer Upper' is done, y'all

Chip and Joanna Gaines (also known as joyfully homeless-looking guy on that show my mother watches and his wife) announced Tuesday that their hit HGTV series, "Fixer Upper," is coming to an end. Their excuse basically boils down to, "This was a hard decision, but don't worry or question the veracity of our marriage, everything is great!" Very convincing stuff, essentially.

Insert joke about not being able to fix that which is already broken.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

"It is with both sadness and expectation that we share the news that Season 5 of 'Fixer Upper' will be our last," they wrote, noting that the decision wasn't easy but they're "confident that this is the right choice for us." Sure!

"Our family is healthy and our marriage has never been stronger," they wrote. "This is just us recognizing that we need to catch our breath for a moment." Oh, my. The Gaines doth protest too much, methinks.

Jon Snow put a ring on it

Good news, for once: The actual human embodiments of "Game of Thrones" characters Jon Snow and Ygritte are getting married IRL. Someone pop the inexpensive sparkling wine!

I'm happy for y'all, OK?

Five years after their on-screen romance — and a very delicate cave scene that we will never forget — a source confirms to People that Kit Harington and Rose Leslie are engaged. The joy I feel for them is unlike anything I've felt since rewatching "Aladdin" last Christmas.

Harington recently opened up about their boo-booship — admitting that the early weeks of shooting the second season of "Thrones" were his favorite of the series. Because he fell in love!

"Because the country is beautiful, because the Northern Lights are magical, and because it was there that I fell in love," he said in a cover story for L'Uomo Vogue. Aw.

I, for one, am still convinced love is dead. But if real life versions of Jon Snow and Ygritte can find love, perhaps there is hope in this garbage world.

George Clooney is praying for you

George Clooney is a charming, well, beloved American actor. He has a wife, Amal Clooney, who is truly a boss bae and two normally named children, Alexander and Ella.

Somehow, these things put together qualify him to pen a well-intentioned prayer for America for the Daily Beast — one where he prays for everything from finding "more that unites us than divides us" to "all of our children" to, confusingly "a more perfect union." Mixed signals, guy! He ends by writing, "And when I pray, I kneel," which offers a tiny shred of context. Thank you!

Nonetheless, in the words of me — when I am screaming directly into my Twitter feed — prayers ain't gonna help America. Reform might. A late sequel to "Josie & The Pussycats" starring Rachael Leigh Cook might. But probs not prayers from an A-list celebrity.

You're doing amazing, sweetie.

So thanks for the good vibes, my dude. But prayers aren't going to solve police brutality or, like, racism. Better luck next time!

‘American Horror Story: Cult’ star Evan Peters relates to his psycho character in one little way

The actor discusses the challenges of playing the polarizing Kai.

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Evan Peters plays the fear-mongering, Trump supporting Kai in “American Horror Story: Cult.” FRANK OCKENFELS/FX

Evan Peters, one of the main faces of the “American Horror Story” franchise, wants you to know this season of “AHS” is not all about President Trump, and there are more important issues facing America than the NFL right now.

While this season opens on Election Night, fans are going to see that theme drop away and Peters’ character, Kai Anderson, blossom like a corpse flower.

On his character, Kai Anderson:
“The character is insane,” Evans told us Monday. “And it’s not really about the election. That’s the opening act of the show, but it’s really just a starting point for everything that Kai’s trying to do and trying to accomplish.

“It’s the spark that’s going to start the flame that’s going to allow him to bring it all down and become the leader that he wants to be. The character as a whole has been challenging to play the whole way through because it’s only gotten crazier and crazier and he’s going more and more off the deep end, so it’s been challenging the whole way through.”

On relating to Kai:
“Important to question our leaders and it’s important to question everything that’s going on in the world right now and see if we can’t make it less corrupt and less polarizing.

“Something that Kai talks about a lot —and the only thing I’ve ever to related to about Kai is — [common sense]. I don’t understand why we can’t just have commonsense and compassion and love for one another and figure out how to do things in a fair just way so that everybody can be happy and have a fair shot and live their life the way they want to live it.”

On his favorite “Cult” character:
“This has been the most challenging season that I’ve done, absolutely, so I’d have to say Kai [is my favorite]. Kai has been really taxing physically and emotionally on me, so it’s been the hardest one and the most challenging so it’s been the most fun to accomplish.”

On the takeaway message:
“Cults are real. It is a TV show, but it is sort of mirroring our time and it also mirroring the past of some of these cult leaders. To me, the show is 10 percent about politics and 90 percent about cults. It is ultimately about Kai and his journey for world domination. So I hope that people watch it and enjoy it … or are scared by it. [Laughs]

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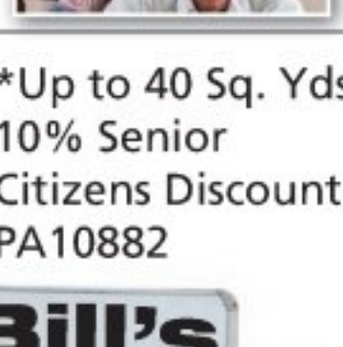

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JENNIFER LOGUE
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Sausage lovers better mark their calendar for the third annual South Philly SausageFest this Saturday. From noon to 8 p.m., restaurant favorites like Taproom on 19th, South Philly Tap Room and the not-yet-open Mike's BBQ will feature tasty selections like hot and sweet Italian sausage and peppers, smoked brisket cheesesteaks and even a vegan Italian sausage sandwich. (Wonder if it's any good?)

There will even be chorizo tacos from Cafe y Chocolate and slow-cooked BBQ ribs from The Station Bar & Grill.

Thirsty? There will be eight local breweries on-site as well to help

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South Philly SausageFest

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Aside from indulging and imbibing, there will be plenty of activities for the whole family, including live music beginning at noon. Performers include: The Blue Pharaohs, Shakey Lyman, Sun Hat, Firestorm, New Pony and The Whips.

The best part about the event? It's free to attend and proceeds from the sale of food and beer will benefit the Newbold CDC's Street Cleaning Program, which provides employment for 10 disabled Philly residents.

Chorizo tacos will be available from Cafe y Chocolate.

Yes, that is mac 'n' cheese inside of a sausage.

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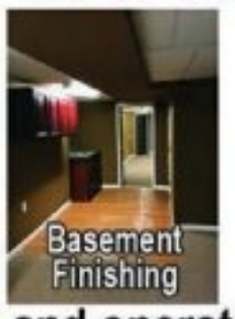

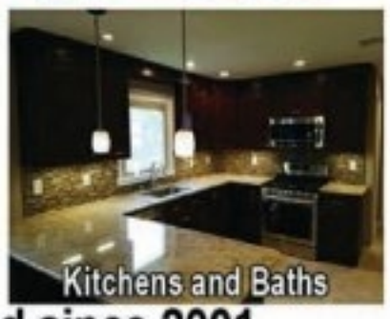

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Questlove is releasing his fourth book, "Creative Quest," on April 24, 2018. GETTY IMAGES

Questlove tells us what this generation lacks

His fourth book, "Creative Quest," will be released in 2018.

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Philly's own Questlove is truly a renaissance man, as co-founder of legendary hip-hop band the Roots, musical director for NBC's "The Tonight Show Starring Jimmy Fallon," NYU professor, DJ, producer of other artists and more.

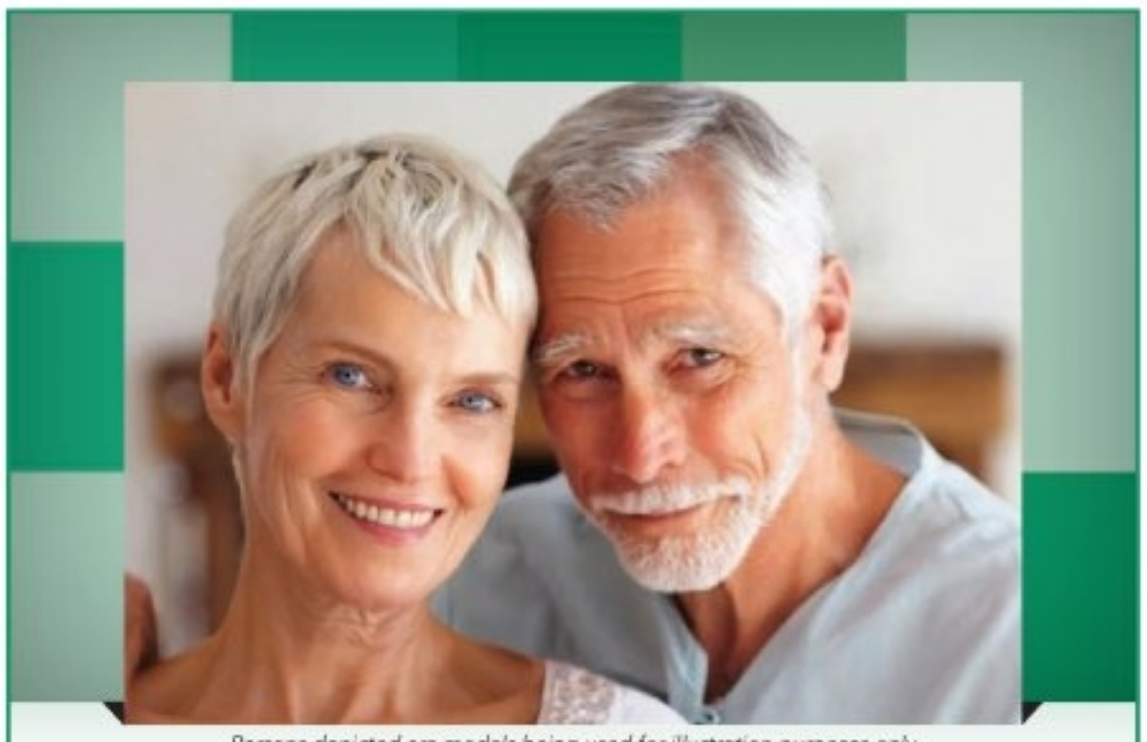
Did we mention he also writes books? His newest one will be released next April 24 and will be called, "Creative Quest."

It's been described as "a guide to living your best creative life" and explores tapping into your creativity.

We chatted with Questlove back in May ahead of the 10th Annual Roots Picnic in Philadelphia and "Creative Quest" came up in conversation when asked about advice for aspiring artists and creatives.

"People always ask me for advice. Probably the one thing that this particular generation lacks that I have is patience. Patience to hone the craft, hone the skill and really perfect their skill," he says. "We live in a time now where you can be super famous in a second, a Youtube sensation in a snap without any skill set that's mastered."

He adds, "The book I'm writing right now really dissects the idea of creativity and what's needed [to make things happen]. Prep, networking, failing, being bored, practicing, changing evolving — each chapter concerns a different area. That's the one question I get asked the most out of everything."



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Creating a mood board for design inspo

home

A mood board can help you visualize your space before you begin remodeling.
FLICKR USER ALICIA CHENALIX

Homepolish interior designer Ana Claudia Schultz tells us how the brainstorming tactic can help us visualize our remodeling goals.

KATE MOONEY
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Sometimes you look around your home and think that something's not quite right, but you're not sure what to change. Do you need to rethink the color scheme in your bedroom? Is it finally time to replace the couch the cat scratched up and kick those drab lamps to the curb? Maybe some greenery will liven up the place?

That's where a mood board comes in: a collage created with images of new furniture, paint or wallpaper swatches, lighting concepts and more design brainstorms so you can see your options in front of you.

"We are all visual people; however, not all of us can visualize," says NYC-based interior designer Ana Claudia Schultz. "Creating a mood board allows us to see all our selections on one page."

Schultz works with Homepolish, a nationwide interior-design startup that connects clients with designers who can help them conceptualize and execute their remodeling goals (beginning at $130/hour).

How do you begin? Schultz recommends picking out one "inspiration image" such as a room that you love. Maybe you got inspired by something you saw on Apartment Therapy or Pinterest. Maybe you want your living room to look like Madeline Martha Mackenzie's (Reese Witherspoon) on "Big Little Lies." Your mood board, your vision!

From there, add images of furniture that fits the look you're going for, but also works in your real-life space. (If you want your fantasy to come true, you've got to be practical.) Next, add the "layering pieces" — rugs, lights, and accessories.

Your mood board can be virtual or physical. Schultz recommends using PowerPoint — "You can change the size of the images, format them as a collage, and also link images to vendors, making it much easier to keep track of where to buy them," she says — but if you're more of a hands-on type, you can print pictures or cut them out from magazines, then pin or paste on a foam-core board.

You might even fall in love with your mood board and keep it around after you've completed your reno project. "Put it up on the wall, share your process with friends," says Schultz. "My motto is to fill your home with things that make you happy, but of course try to curate them so it doesn't look cluttered or overwhelming."

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Sixers in new season will be defined by youth and health

The new-look Sixers will only be that if they can stay healthy all season.

ANDY JASNER
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How many games will Sixers fans get to see their Big 3 on the floor together at once? GETTY IMAGES

Two words will come up all season for the 76ers.

Youth and health.

If the dynamic young core can stay healthy throughout the marathon 82-game NBA season, then the Sixers have a chance to exorcise the demons of the first four years of the Brett Brown era.

Dare we say it — they could reach the playoffs.

Optimism reigns at every media day and the opening of training camp with the Sixers is no exception.

For this franchise, youth and health are woven together.

No one truly knows —not even Brown — what the Sixers identity can be since the team hasn't been together on the court. The last four seasons have produced a total of 75 victories. Yes, 75 wins in four seasons. It doesn't get much uglier than that.

Heading into the 2017-18 season, the Sixers look like they may challenge for a spot in the postseason.

Their unquestioned cornerstone center Joel Embiid has yet to scrimmage 5-on-5 since offseason knee surgery. That has to be a troubling sign despite the fact that he was over-the-top positive at media day.

"I have been playing pretty well compared to last year. I am a much better player. It's not even close." Ben Simmons

"We have just been following the plan," Embiid said. "We have done two or three scans since, the surgery looks perfect. We have to keep managing it and making sure."

Ben Simmons will make his debut next month after missing an entire season with a foot injury. It seems like forever since the Sixers selected the former LSU standout No. 1 overall.

Markelle Fultz is still a teenager and will be thrust into the NBA spotlight after just one season at Washington.

These three players need to be on the court together. Embiid can't play 31 games again. Simmons and Fultz must be out there learning to play with Embiid. That's the only way the Sixers will march ahead and take a much-needed step out of the lottery.

Don't forget about Jahlil Okafor, who is still around and appears to be in terrific shape. Okafor won a national championship as a freshman at Duke and shouldn't feel any pressure with other pieces in place.

Veterans like J.J. Redick and Amir Johnson will help as will Dario Saric, who developed quite nicely last season.

Going from 10 wins to 28 isn't difficult. Going from 28 to 41 or more is much tougher.

With a litany of questions surrounding the youth and health of this team, it's going to be a week-to-week process. If the Sixers can stay away from medical issues and continue working together, the jump to the next level will be fun to watch.

With the injury history of Embiid, even the most positive Sixers fan has to be somewhat skeptical.

The first time the 7-foot-2 center leaps into the stands, every fan in the Delaware Valley is going to be holding their breath. The same goes for the Sixers coaching staff.

"Watching myself play last year, I used my body a lot so there's a lot of stuff I have to correct," Embiid said. "I feel good about myself and can't wait to be back on the court. Everything else feels amazing."

The Sixers put three long years into waiting for Embiid.

With the other young players ready to come along, the time is now to perform.

It's this simple: A healthy young group of Sixers will have a solid season. Another injury-riddled season will add to the frustration of the past four years.

What will Phillies do at catcher going forward?

On the Phillies' to-do list. Finish the last week of the season on a good note; have a productive offseason; answer positional questions in spring training. One question that currently lingers is who's the No. 1 catcher?

Following an erratic season from Cameron Rupp, who's displayed power but has struck out 109 times in 86 games while hitting just .218, ideally it's time for Jorge Alfaro to take over. And Pete Mackanin says for the most part he's liked what he's seen, especially behind the plate.

"What I like the most not so much the hitting, but I'm pleased with game calling," said the manager of Alfaro, who's hitting .293 with 4 homers and 11 RBI. "Catching is a defensive position, and hitting is a bonus. I think he's going to hit, but his improvement as a catcher is just as important."

The 24- year-old Alfaro, who came over in the Cole Hamels deal along with Nick Williams, Jerad Eickhoff and Jake Thompson, is out of options. But that doesn't mean he's ready to inherit the job, which might lead to the Phils finding a veteran to handle more of the load and bring him along slowly. That might leave Rupp, along with Andrew Knapp, who had a his moments in limited action, at the mercy of GM Matt Klentak's ability to find that guy.

That's just one of the issues Klentak will have to deal with as the Phils mercifully soon head to the off-season. The fates of Tommy Joseph, still the team leader in home runs, Maikel Franco, Cesar Hernandez and Freddy Galvis are at the top of his list, followed by finding some quality arms in the rotation.

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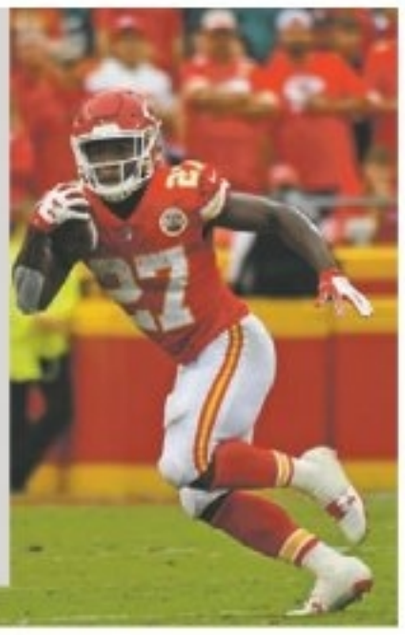
NFL power rankings | by Luke Miller

No. 1

Chiefs
3-0 (W vs. LAC)



In a week full of shockers and near-upsets, the top team held serve. Kareem Hunt's fourth quarter 69-yard touchdown run to ice the game gave him a 50-plus yard score in each of his first three career games. He's the first player in NFL history to do that.

No. 2

Falcons
3-0 (W vs. DET)

The secondary is still a concern, but they kept Detroit out of the endzone for most of the day and when it mattered most. Matt Ryan and the offense recovered from some early interceptions to fire on all cylinders.The Falcons are one of only two undefeated teams left standing.

No. 3

Patriots
2-1 (W vs. HOU)

What's that? Tom Brady isn't done? Color us shocked. Brandin Cooks was inducted into the New England offense with five catches for 144 yards and two touchdowns. Both scores came in the second half, including the game winner and it's ensuing two point conversion (which Cooks also caught.)

No. 4

Packers
2-1 (W at CIN)

While it wasn't the domination many were expecting from the Packers against the Bengals, they came out on the right end of this nailbiter. Do Aaron Rodgers' receivers grow on trees? Perhaps Geronimo Allison is about to take the NFL by storm. Or perhaps the Bengals can't tackle.

No. 5

Redskins
2-1 (W vs. OAK)

Washington did it to the Raiders without Jordan Reed playing or Terrelle Pryor contributing. Since a shaky Week 1, this team has turned in two great performances, including that road victory over the Rams that looks pretty impressive after we see what they're capable of.

No. 6

Raiders
2-1 (L vs. WAS)

Derek Carr passed 100 yards...eventually. One receiver made it over ten yards receiving, and his name wasn't Amani Cooper or Michael Crabtree. Marshawn Lynch held to 18 yards on the ground. Seven first downs, 128 total yards, this offense better get things sorted out.

No. 7

Lions
2-1 (L vs. ATL)

Detroit moves up in the rankings despite losing due to a ton of less-than-impressive performances at the top of the list and the fact that they sort-of beat the Falcons, for a little bit.. Unfortunately, we'll all have to wait until Monday night of Week 9 to see them face the Packers.

No. 8

Broncos
2-1 (L vs. BUF)

The Broncos aren't the first team to blow a game going West to East at 1 p.m. They'll be back in more comfortable confines next week facing the Raiders at home. A win their would signal to Oakland and the Chiefs that not only are the Broncos back, they never really left.

No. 9

Cowboys
2-1 (W at AZ)

The Cowboys absorbed some early troubles to thunder back behind Dak Prescott and a will-not-be-denied touchdown by Dez Bryant. Prescott looked flawless by the end of the game Monday, running the read-option up and down the field and complimenting Ezekiel Elliott.

No. 10

Titans
2-1 (W vs. SEA)

After watching Derrick Henry steal the headlines (and many thought, soon the starting role) over the first two weeks, DeMarco Murray rebounded to the tune of 115 rushing yards in Week 3, most of them coming on a 75-yard touchdown that put the Titans up 30-14 late.

Best of the rest

11 — Eagles (2-1)
12 — Steelers (2-1)
13 — Jaguars (2-1)
14 — Vikings (2-1)
15 — Buccaneers (1-1)
16 — Seahawks (1-2)
17 — Panthers (2-1)
18 — Rams (2-1)
19 — Saints (1-2)
20 — Texans (1-2)
21 — Bears (1-2)
22 — Bills (2-1)
23 — Ravens (2-1)
24 — Cardinals (1-2)
25 — Colts (1-2)

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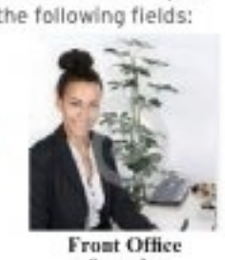
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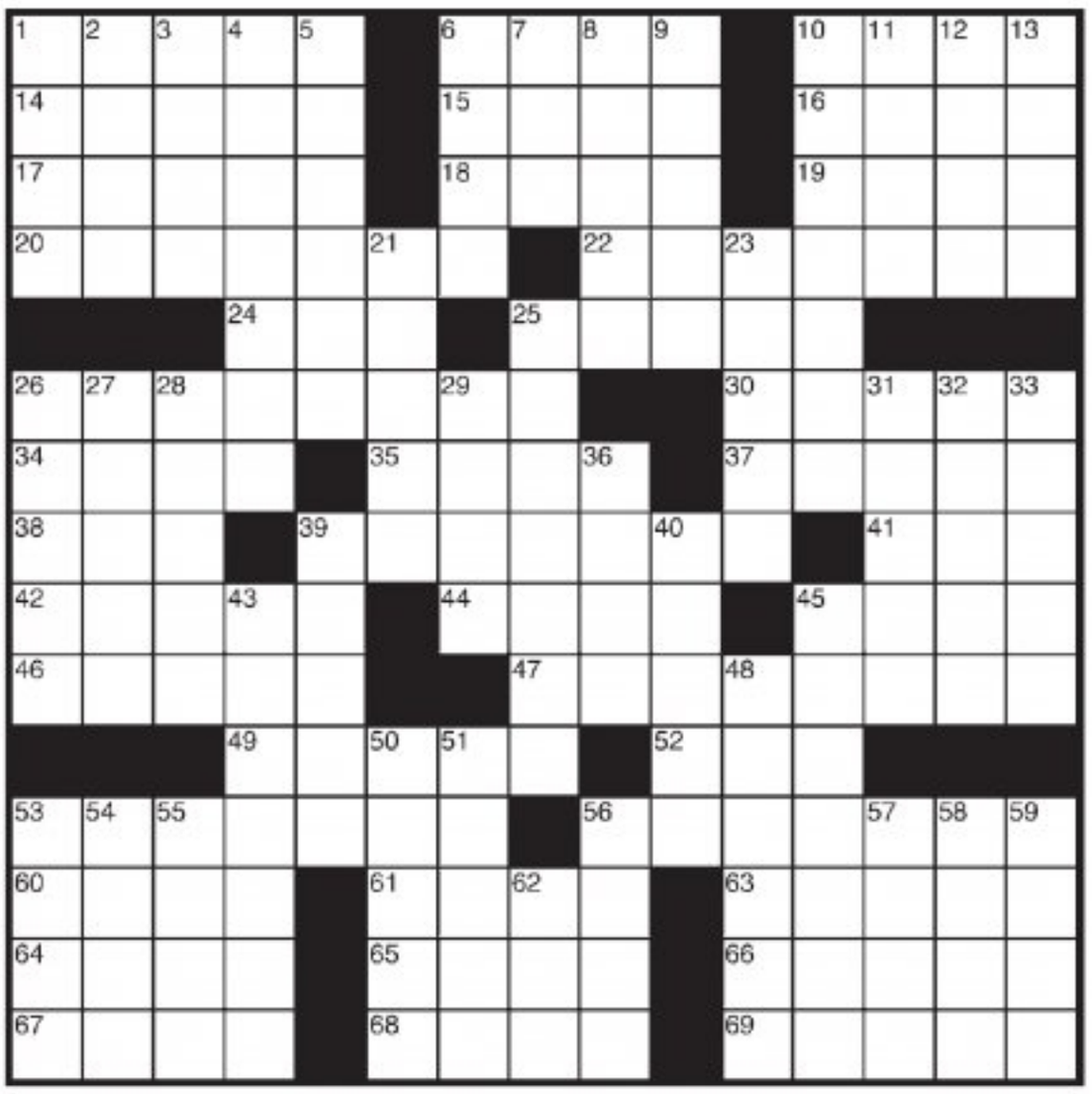

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easy

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		6	2					
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hard

3		8				4		
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metro.us/horoscopes

Aries Nurture important relationships by taking the time to listen to complaints or requests carefully and doing your best to accommodate the ones you love.

Taurus Take time to think matters through before you make a move. Acting in haste will leave you in a precarious position that could influence how you get along with peers.

Gemini Changes at home or to your lifestyle should be made to encourage less spending. Look for ways to cut your overhead and ease the stress you've been feeling.

Cancer Forge ahead with what's most important to you, and start making the necessary adjustments to achieve your aims. Talk to the people you feel are best suited to helping you.

Leo A personal change should be based on your needs and not the product of you trying to appease someone heading in a different direction.

Virgo You are best off thinking matters through and coming up with alternatives that can help smooth over any differences you have with those you live or work with.

Libra Do what you can to get ahead. Working on your own will be your best choice. Take care of your personal and financial obligations before it's close to impossible to do so.

Scorpio Talk is cheap. If someone promises you something, get it in writing. A change of heart will open a door to new opportunities. Celebrate with someone you love.

Sagittarius Ease into anything you want to pursue. Getting all the facts and considering how you can take care of delicate matters OR a relationship will be essential.

Capricorn A little fix-me-up will do you good. Whether you make physical changes or you alter things at home, the results will lift your spirits if you stay within budget.

Aquarius Personal changes can be made, as long as you are reasonable in your expectations and practical about what you are trying to accomplish.

Pisces Personal improvements can be made. Set your sights on your goals, and start making them come true. A financial gain looks promising. EUGENIA LAST

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L	U	L	U	■	S	H	A	L	L	■	E	R	N	E
A	G	A	R	■	H	E	L	I	O	■	M	E	I	R
D	O	W	N	B	E	A	T	■	T	W	I	T	T	Y
■	■	■	S	U	N	T	A	N	■	O	N	E	A	L
C	O	L	O	R	■	■	■	A	N	K	A	■	■	■
A	L	O	N	S	O	■	L	I	E	■	R	A	M	P
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E	O	N	S	■	A	B	S	■	R	E	C	U	R	S
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